

WHAT IS CLAIMED IS:

1. An information recording medium on which grooves and  
5 prebits neighboring the groove are formed,

5 wherein the groove comprises an embossed area in which  
an embossed configuration including pits and spaces of  
predetermined depths is formed; and

10 wherein the prebit in the embossed area has an optimized  
configuration according to a length of the pit or the space which  
the prebit neighbors.

15 2. The information recording medium according to claim  
1, wherein the optimized configuration is prescribed by a prebit  
shift which indicates a length of the prebit in a perpendicular  
direction to a direction of the length of the groove and by a  
depth of the prebit.

20 3. The information recording medium according to claim  
2,

25 wherein the prebit shift is determined to be constant  
for all the lengths of the pit or the space in the embossed area;  
and

wherein the depth of the prebit is determined according  
to the length of the pit or the space in the embossed area.

25 4. The information recording medium according to claim  
1, wherein the optimized configuration of the prebit is a  
configuration with which an RF signal distortion caused by the  
prebit becomes minimum.